

# 體重荷爾蒙試報告樣本

## TEST REPORT

**# 2018 07 27 200 SB**

Ordering Provider: Sara Getlowell MD

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Beaverton, OR 97008  
Phone: 503-466-2445 Fax: 503-466-1636

**ZRT LABORATORY**

**Samples Received**  
07/27/2018

**Samples Collected**  
Saliva - 07/24/18 08:05  
Saliva - 07/24/18 12:10  
Saliva - 07/24/18 18:50  
Saliva - 07/24/18 23:15  
Blood Spot - 07/24/18 08:00

**Report Date**  
08/01/2018

**Patient Name:** Weight Management  
**Patient Phone Number:** 555 555 5555

<b>Gender</b> Female	<b>Last Menses</b> Unspecified	<b>Height</b> 5 R 5 in	<b>Waist</b> 32 in
<b>DOB</b> 3/22/1961 (57 yrs)	<b>Menses Status</b> Hysterectomy (ovaries removed)	<b>Weight</b> 170 lb	<b>BMI</b> 28.3

TEST NAME	RESULTS   07/24/18	04/09/18	RANGE
<b>Salivary Steroids</b>			
Estradiol	2.2	4.7	0.8-12 pg/mL. Estrogen Rplcmnt (optimal 1.3-3.3)
Progesterone	73 <sup>U</sup>	22 <sup>U</sup>	<sup>U</sup> 30-300 pg/mL. Oral Progesterone (100-300 mg) <sup>U</sup> 12-100 pg/mL. Postmenopausal
Ratio: Pg/E2	33 L	5 L	Optimal: 100-500 when E2 1.3-3.3 pg/mL
Testosterone	55	15 L	16-55 pg/mL (Age Dependent)
DHEAS	0.0	2.3	2-23 ng/mL (Age Dependent)
Cortisol	9.0	8.1	3.7-9.5 ng/mL (morning)
Cortisol	1.5	1.9	1.2-3.0 ng/mL (noon)
Cortisol	0.7	0.5 L	0.6-1.9 ng/mL (evening)
Cortisol	0.4	0.4	0.4-1.0 ng/mL (night)
<b>Blood Spot</b>			
Vitamin D, 25-OH, D2	<4	<4	<4 if not supplementing (< 10 nmol/L)
Vitamin D, 25-OH, D3	46	15 L	20-80 ng/ml (50-200 nmol/L)
Vitamin D, 25-OH, Total	46	15 L	20-80 ng/ml (50-200 nmol/L)
<b>Blood Spot Thyroids</b>			
TSH	1.0	8 H	0.5-3.0 µIU/mL
<b>Blood Spot CardioMetabolic Markers</b>			
Insulin	8.4	11	1-15 µIU/mL (optimal 2-6)
Hemoglobin A1c	4.2	5.8	<6%

<NL = Less than the detectable limit of the lab. N/A = Not applicable. † or more values used in this calculation is less than the detectable limit. H = High. L = Low.

CLIA L04 302089950  
822019 2 18:01 PM The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment. *David T. Sawe, Ph.D. Laboratory Director* *Allen Wallace, MD. (Ordering Provider unless otherwise specified on page 1)* **1 of 6**

## TEST REPORT | Results continued

Weight Management  
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**Therapies**

**07/24/2018:** 0.5mg topical Biestrogen (1:1 50/50 E3 + E2) (compounded) (23 Hours Last Used)100mg oral Progesterone (compounded) (1 Days Last Used) 0.5mg topical Testosterone (compounded) (22 Hours Last Used)10mg topical DHEA (compounded) (22 Days Last Used)65mg oral Armour (glandular thyroid) (Pharmaceutical) (1 Days Last Used)5000IU oral Vitamin D (unknown type) (OTC) (1 Days Last Used)

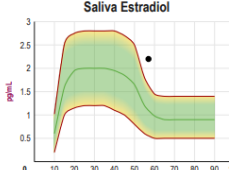
**04/09/2018:** 1mg oral Estradiol (compounded) (23 Hours Last Used)

**Graphs**

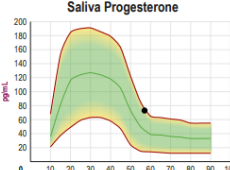
Disclaimer: Graphs below represent averages for healthy individuals not using hormones. Supplementation ranges may be higher. Please see supplementation ranges and lab comments if results are higher or lower than expected.

Average ▼▲ Off Graph

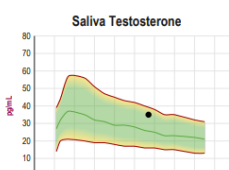
### Saliva Estradiol



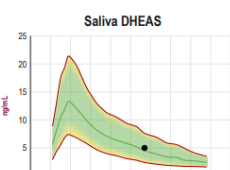
### Saliva Progesterone



### Saliva Testosterone



### Saliva DHEAS



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